

## My Trip Planner

*Before I leave I will...*

- ☐ Go over my travel plans with my doctor and get a medical **checkup**.
- ☐ Have my **medication documentation** in order for the airlines.
- ☐ Call the airline to see if there are special security instructions and check on the meal options offered.
- ☐ Check for **needed vaccinations** at <http://www.cdc.gov/travel/index.htm>.
- ☐ Get a **Medic Alert bracelet** ([www.medicalert.org](http://www.medicalert.org)) -- wear it at all times.
- ☐ Make **a list** of medications, doctor's name and phone number, and treatment plan (use bottom half of page to record this information ↓).
- ☐ Learn how to say "help", "I have diabetes", "doctor", "I need sugar", and other **key phrases** in the native language of the region I am visiting.
- ☐ Prepare **emergency kits** with peanut butter crackers, juice box, hard candy, dried fruit, first-aid ointment, and bandages.



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## In Case of Emergency

My Name: \_\_\_\_\_ Allergies: \_\_\_\_\_  
\_\_\_\_\_

### **PLEASE CONTACT:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone #: (     ) \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone #: (     ) \_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_



Treatment Plan: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_